



Academy Head of Sports Science & Medicine

Salary: Competitive

An exciting opportunity has arisen to lead the Academy Sports Science and Medicine department at Barnsley Football Club as the Head of Sports Science & Medicine. Using the football club's philosophies, you will have the opportunity to lead and deliver Sports Science approaches and activities in helping develop professional footballers. You will work close within the multidisciplinary team to deliver current and up to date strategies to; enhance an athlete's ability to perform, prevent injuries and meet the football club's ambitions to improve. The right candidate should be enthusiastic to want to improve themselves and others around them. Overall, bringing a positive mindset to a challenging, athletic environment.

All applicants must meet the essential criteria on the job specification.

Closing date: 29th August 2021 | Interview Dates: 1st – 3rd September 2021

Barnsley Football Club is committed to equality of opportunity for all staff and applications from individuals are encouraged regardless of age, disability, sex, gender reassignment, sexual orientation, pregnancy and maternity, race, religion or belief and marriage and civil partnerships.

Due to the nature of the position applicants, will be in contact with children and we are fully committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share this commitment.

If interested, please send the below listed documents to BFC Academy at the following address: academy@barnsleyfc.co.uk with reference to position: AHSSM

1. Covering Letter
2. C.V.



Academy Head of Sports Science & Medicine

Reporting to: First Team Head of Sports Science / Academy Manager

Hours: Full time in accordance with Academy training and fixture schedule. Due to the nature of the post, evening and weekend work will be required.

Essential & Desirable qualifications/pre-requisites

Essential:

Must be a holder of a BSc/BA in Sports Science and MSc/MRes/MPhil in Sports Science (or other relevant discipline) from a recognised university. Basic First Aid for Sport (BFAS) or equivalent/higher qualification. Relevant experience of working within a multi-disciplinary team. Use current and evidenced based methods to fulfil sports science delivery and duties. Clear enhanced DBS check. Experience of using GPS data to influence training and periodisation cycles. 5+ years working in a team sporting environment and the understanding of sport performance and injury prevention. Excellent IT skills and competent in the use of IT software such as Excel, Word, and PowerPoint/Keynote. Must hold a valid driver's license.

Desirable:

Registration, or working towards accreditation with BASES or an equivalent Governing Body. Have attended the following workshops run by the UKSCA: (i) Foundation Workshop & Certification; (ii) Weightlifting; (iii) Plyometric Agility & Speed; and (iv) Planning Effective Programmes. Relevant professional qualifications (UKSCA, NSCA, NASM etc.). Relevant experience of working within professional football. Managed or taken a lead role in a Sports Science department

Key responsibilities:

Main tasks include the delivery and management of Strength & Conditioning programmes throughout youth and professional squads, including both gym and pitch-based strategies. Work as part of a multi-disciplinary team. Liaise daily with the Head coach and relevant staff regarding the status and physical preparation required to maintain high performance and development of professional footballers (i.e. monitoring and intervention). Liaise daily with medical staff on player status, wellness and rehabilitation. Delivery and development of appropriate nutrition strategies. Updating and managing the auditing system. Liaise with first team Sports Science & Medicine department in relation to the transition of players into the first team. To undertake your own or organised CPD by the Club to maintain your professional standards. Oversee that the appropriate strength and conditioning programmes are being carried out by the Academy Sports Science team.

Specific tasks

Lead the Physical Performance support for BFC Academy, including working close with MDT to develop players in accordance with the club's philosophies.

This includes the following:

- On-field duties including warm-ups and session implementation (alongside coaches).
- Match-day duties, including warm-ups and coach/player support.
- Provide periodised strength-based work within the gym.
- Delivery of individualised training programmes.
- Recovery protocols.
- Nutrition strategies.
- Monitoring of daily wellness and training workloads.
- Data interpretation, e.g. workload, GPS and HR monitoring.
- Perform a battery of physical and anthropometric testing on a 6-weekly cycle.

Perform end-stage rehabilitation (on-field) on players returning to fitness.

Management of Strength & Conditioning principles. Management of Student Intern Programme. Implementation of effective testing and monitoring in the following areas:

- Squad appropriate medical and physical screening.
- Physiological/fitness testing.
- Movement and posture/functioning screening.